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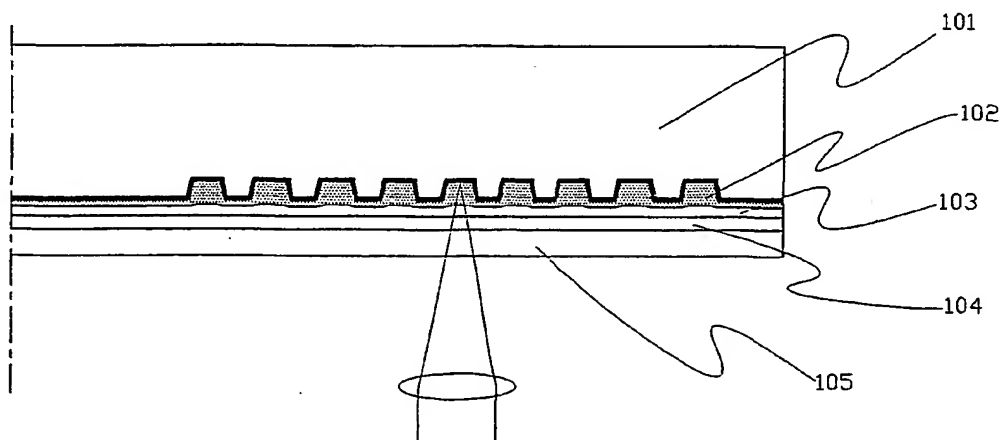
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ning of each regular issue of the PCT Gazette.

(54) Title: WOBBLE INFORMATION RECORDING METHOD, INFORMATION RECORDING MEDIUM, AND RECORD-  
ING AND REPRODUCTION METHOD AND APPARATUS THEREOF



(57) Abstract: An optical disk and a method for identifying the optical disk are provided which make it possible to identify a recording system of the optical disk easily in a short time by a recording and reproduction apparatus when a groove-recording system and a land-recording system are both employed in one kind of optical disk, for example, a BD-R. Specifically, the polarity upon reproducing the wobble information is made to be the same in both of the optical disk of groove-recording system and the optical disk of land-recording system. The recording system of the optical disk that shows the same wobble polarity irrespective of the recording system can be easily detected by finding a tracking polarity that can recognize the wobble information by changing the tracking polarity, whereby the start-up time of the recording and reproduction apparatus can be shortened.

ATTACHMENT "E"

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